

## The Enneagram Three Instincts (Subtypes) Workshop

*Using the Enneagram to  
Create Balance in your Life  
and Harmony in your Relationships*

*Two Days*  
The Vault, Rudgwick,  
West Sussex UK

Facilitated by  
**Grahame Morgan-Watson**

**MetaMe**

Training and consulting for people to *be more...*

## The Enneagram Three Instincts (Subtypes) Workshop

**Times:**

**Day One: 9:30 am to 6:00 pm**

**Day Two: 9:30 am to 6:00 pm**

**Our instinctual nature is given little emphasis in many spiritual paths, and is often treated as an inherent problem—a distortion to be eliminated.**

This is understandable since this part of our nature often has little interest in our spiritual or psychological development.

**Yet our Instincts directly influence our decision-making processes and lifestyle choices.**

So without a clear and viable relationship with this aspect of our souls, it is extremely difficult to maintain an integrated approach to our path.

**The Enneagram** deals very directly with this aspect of the Self, through teachings about the **Three Instincts; Self-Preservation, Sexual (Attraction), and Social (Adaptation)**. Understanding how our instinctual bias operates in combination with our dominant Enneagram type can be as exciting and revealing as when we first learn about the Enneagram



**Facilitator Grahame Morgan-Watson;  
Enneagram Institute Authorised teacher**

Founder of MetaMe, Riso-Hudson Certified Enneagram Teacher Hons. Authorised Nine Domains Facilitator, Master Practitioner of Neuro-Linguistic Programming (NLP). INLPTA Certified NLP Trainer . Certified Consultant -Trainer of Language And Behaviour (LAB) Profile . Graduate of The Feldenkrais Method®, Student of Ridhwan UK

**In this Enneagram Workshop, we will clarify and deepen our understanding of the Instincts, seeing them at work in our personal experience.**

We will examine how our particular instinctual "stack"—the way we prioritise our basic human needs and values—is *the pattern that most keeps us locked in the repetitive habits of our personality.*

**Recognising the way we give energy to certain needs while neglecting others**, brings balance and helps us integrate the deeper experiences of Essence and Being that we may have had.

***Without such Inner Work, even profound experiences of Spirit and Oneness cannot affect our lives the way they could.***

**The Format:** We will explore how these instincts manifest themselves in our daily lives, and impact on relationships, practical life skills and inner work. There will be exercises to enquire into our own direct experience of these three energies, and group discussions to develop personal life practices to help bring the instinctual nature into alignment and balance.

**Our approach** is relaxed and conversational, with an emphasis on the development of our capacity to remain Present.

# The Enneagram Three Instincts (Subtypes) Workshop

*Using the Enneagram to Create Balance in your Life and Harmony in your Relationships*

**Times See Schedule page for Dates**

[www.metame.co.uk/courses.php](http://www.metame.co.uk/courses.php)

**Two Days 9:30 am to 6:00 pm**

**Sussex Venue**

**The Vault, Rudgwick, West Sussex, RH12 3EF**

**Price See Schedule page for current price range**

[www.metame.co.uk/courses.php](http://www.metame.co.uk/courses.php)

**To Book**

**Email [info@metame.co.uk](mailto:info@metame.co.uk)**

**Tel +44 (0) 1403 823 283**

**or book online from the course page**

[www.metame.co.uk/Instincts\\_Workshop.htm](http://www.metame.co.uk/Instincts_Workshop.htm)

**What previous participants say about this workshop:** *"I enjoyed the workshop very much-produced the goods" G Bell, "Grahame really knows his subject- a master of his craft" Olivia "Thoroughly enjoyable workshop, making so much sense. It very much helped me get a greater understanding of the depth of this work" Sue "real work with depth" Anne "This workshop gave me much more understanding" Russell.*

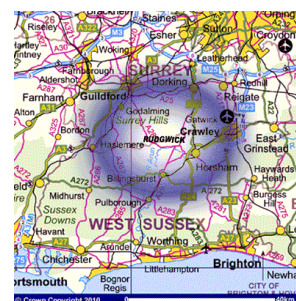
The Enneagram  
Institute  
Authorised Workshops

**The Vault** is our exclusive private room, especially designed to host our work in of Enneagram Workshops, Coaching, Feldenkrais Method, Vocal Awareness and NLP . The maximum workshop capacity is nine people, and participants will be welcome to enjoy our garden during rest and refreshment periods. There is a co-op in the village for sandwiches, or we recommend picking up something from M&S foods in Cranleigh Village, about 10 minutes drive north.

## Location

20 Miles South of Guildford and 10 miles West of Horsham, in West Sussex, Southern England. 35 minutes by car from London Gatwick Airport & one Hour 15 minutes from London Heathrow Airport. Nearest Rail Station, Horsham. Taxi coast around £18. each way.

**Accommodation** choices are available on our web site : Participants will be sent full directions prior to attending. Local Bed and Breakfast accommodation start from £30. per night within a 7 minute drive. The nearest recommendations for people without a car; Mucky Duck 01403 822300 from £67. or Linacre Lodge 01403 823522, both around £70. per night and about 4 minutes drive.



MetaMe

+44 (0) 1403 823 283

[info@metame.co.uk](mailto:info@metame.co.uk) | [www.metame.co.uk](http://www.metame.co.uk)

Diffirs Church Street Rudgwick West Sussex RH12 3EFUK

## Booking Form and Policy

**The Enneagram Three Instincts Workshop.**  
Date of Workshop booking? \_\_\_\_\_

Name

House

Address

County

Town

Post Code

Home Telephone

Mobile Telephone

Email

Please provide contact information for additional delegates or if you wish to be invoiced differently from the above address.

- Early Bird discounts only apply where a booking and deposit is made by the date stated
- Bookings will only be secured with a 20% deposit
- The balance must be paid 14 days prior to the event commencement date.
- Deposits are not refundable after 14 days, unless by arrangement with MetaMe. However, payments may be carried over to another workshop by arrangement with MetaMe.
- In the event MetaMe have to cancel a workshop, all workshop payments made will be refunded in full. MetaMe cannot be held responsible for any additional losses incurred from this action.
- A Bursary is granted to people who are in full time education, OAP's in retirement and people who are unemployed. Places are limited and MetaMe reserve the right to withdraw any offers or extend the criteria subject to application and advanced notice.
- Further discounts and special offers do not apply to Bursary bookings.
- MetaMe reserve the right to change prices without prior notice

**Cheques Payable to METAME.**

**Diffirs, Church Street, Rudgwick, West Sussex, RH12 3EF UK**

**NATWEST plc 600619 a/c no. 30593476**

**G C & R J Morgan-Watson t/a MetaMe**